

1 A JOINT MEMORIAL

2 REQUESTING THE DEPARTMENT OF HEALTH AND THE PUBLIC EDUCATION  
3 DEPARTMENT TO COLLABORATIVELY MAKE RECOMMENDATIONS TO  
4 INCREASE THE PHYSICAL ACTIVITY AND IMPROVE THE EATING HABITS  
5 OF YOUTH.

6  
7 WHEREAS, the percentage of young people who are  
8 overweight has doubled since 1980, with between ten percent  
9 and fifteen percent of Americans aged six to seventeen years,  
10 about eight million young people, considered to be  
11 overweight; and

12 WHEREAS, more than sixty percent of young people eat too  
13 much fat and less than twenty percent of young people eat  
14 five or more servings of fruits and vegetables each day; and

15 WHEREAS, more than one-third of young people in grades  
16 nine through twelve do not regularly engage in vigorous  
17 physical activity, and daily participation in physical  
18 education classes has dropped from forty-two percent in 1991  
19 to twenty-nine percent in 1999; and

20 WHEREAS, a lack of regular physical activity and poor  
21 eating habits leads to obesity, diabetes, cancer and  
22 cardiovascular disease; and

23 WHEREAS, a lack of physical activity and good eating  
24 habits during youth will likely lead to poor habits during  
25 adulthood; and

1           WHEREAS, more than fifty-five percent of adults in New  
2 Mexico are considered to be overweight or obese, as measured  
3 by having a body mass index of twenty-five or greater;

4           NOW, THEREFORE, BE IT RESOLVED BY THE LEGISLATURE OF THE  
5 STATE OF NEW MEXICO that the department of health and the  
6 public education department be requested to collaborate in a  
7 study of methods to increase the physical activity and  
8 improve the eating habits of youth; and

9           BE IT FURTHER RESOLVED that the department of health and  
10 the public education department be requested to implement  
11 strategies that can be implemented administratively; and

12           BE IT FURTHER RESOLVED that the department of health and  
13 the public education department report to the appropriate  
14 interim committee of the legislature on their findings and  
15 recommendations, including those strategies that require  
16 legislative approval or funding to implement; and

17           BE IT FURTHER RESOLVED that copies of this memorial be  
18 transmitted to the secretary of health and the secretary of  
19 public education. \_\_\_\_\_

1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12  
13  
14  
15  
16  
17  
18  
19  
20  
21  
22  
23  
24  
25